



U.S. Department of Health  
and Human Services  
Administration for Children  
and Families  
Office of Family Assistance



# National Responsible Fatherhood Clearinghouse (NRFC) Webinar

## March 8, 2023

## Dads and Mental Health Matter!

## Helpful Resources

### NRFC Resources

- [Depression among Urban Fathers](#) (Research Report, 2016)
- [Let's Talk About Mental Health](#) (Webinar, 2015)
- [Let's Talk About Mental Health](#) (Blog, 2015)
- [Forging Effective Responsible Fatherhood Partnerships](#) (Research-to-Practice Brief, 2013)

### Other Resources

- [Caregiver Guides](#), produced by the Ad Council in partnership with Pivotal Ventures as part of [Sound it Out](#), a national campaign based on "the power and soul of music to help parents and caregivers better support their middle schooler's emotional wellness".
- [The Black Progress Index: Examining the Social Factors that Influence Black Well-Being](#) (Brookings, 2022)
- [5 Action Steps for Helping Someone in Emotional Pain](#) (National Institute of Mental Health, 2022)
- [5 medidas que puede tomar para ayudar a una persona con dolor emocional](#) (National Institute of Mental Health, 2022)
- [Building a Culture of Trauma-Informed Practices](#) (Webinar, Office of Family Assistance, 2022)

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